

Household Hints — WOMAN'S REALM — Latest Styles

Caroline Chatfield

Says Today

Title Registered, U. S. Patent Office

Best Turn He Ever Did Her Was to Jilt Her.

DEAR MISS CHATFIELD:

My mother is a semi-invalid whom I have to support, and so I can't get married at present. For several years I have had a very dear friend whom I dated regularly. He understood my situation and not being a money-maker himself it was agreed that we should live matters rock along. Three months ago he came to meet a rich widow who had been his old girl. Now he tells me that she is building a home for them and he is going to marry her at Christmas time. He says he doesn't love her but since she is willing to build the home and foot the bills he's going to marry her. He also tells me that his marriage will not keep him from seeing me. You know what a state I am in. I've tried to convince myself that I'm much better off single and making my living than I would be married to a man like him. But this doesn't cure my heart-ache. Won't you give me a lift?

JILTED.

ANSWER:

There are some ugly words in the dictionary that fit the case of your ex-beat. They aren't printable but, if you know what I mean, you might look them up, study them and then get down on your knees and thank whatever powers there be that you escaped. A man without honor, without pride, a two-timer and a sponger can hardly be a satisfactory husband to a woman who recognizes her responsibility to an invalid mother, and works to support her.

One of the most pathetic and laughable things about a woman is that when she falls in love, no matter what sort of a poor stick she loves, she has implicit faith that he's going to be just the sort of husband she wants. Even when she sees his faults (she seldom does) she thinks that they will fall away in the light of her love. When she recognizes his weakness (she seldom does) she is sure he will be a strong man once she's married to him and can build him up.

But could there be any security in marriage to a man who confesses that he will sell himself to the highest bidder and keep his heart free to love a jilted sweetheart? After she's heard those words from a man's lips, you'd think the woman would loathe him. You'd think her love would turn to hate right on the spot!

But, no, it doesn't always work that way. She's heartbroken, then she's sore, then she's angry, and then she's cured. That's a long and painful journey but finally lands her where she wants to be: high above the pain of separation where she can look down complacently and marvel at her own folly.

Of course another man brought into the picture can be of immeasurable help. The loss of a beau makes a girl wonder if she's lost her charm. Depressing thought! The new beau restores her faith in herself. The loss of a beau is likely to make a girl cynical about love. The new beau restores her faith in love and in humanity.

This is the lift: you are lucky to lose number one. Now rustle around and find number two.

CAROLINE CHATFIELD.

Problems of general interest submitted by readers will be discussed in this column. Letters unsuitable for publication will be answered personally provided they contain stamped, self-addressed envelopes. All names are held in confidence. Write Miss Chatfield, in care of this newspaper.

MODERN MENUS

Fruit Candies Are Rich In Vitamins

BY MRS. GAYNOR MADDOX

NEA Service Staff Writer
You can combine vitamin and mineral rich fruits and the holiday spirit into delicious candies for the Christmas tree with these sure fire suggestions from "Our Candy Recipes" by Van Arsdale and Emelios, both of Teachers College, Columbia University. The book would be a welcome gift too!

FRUIT PASTE
(Makes 60 Pieces (3 Pound))
One-half cup prunes, uncooked; 1-4 cup figs, 1-2 cup raisins, 1-2 cup dates, 1-4 cup nut meats, 1-4 teaspoon salt, 1-4 teaspoon ground cloves.

Wash figs and prunes and steam for five minutes. Remove seeds from raisins, dates, and prunes. Put fruit and nuts through food chopper. Add salt and cloves and mix well together. Fruit juices can be added if the mixture seems dry. Roll out in a sheet one-fourth of an inch thick. Cut into squares or diamonds or into fancy shapes with cutters. Sprinkle with confectioners' sugar. Shake to remove superfluous sugar. Other spices, such

as ginger and cinnamon, may be used in combination with the cloves.

SPICED RAISINS
One cup raisins, 1-2 cups sugar, 1 cup water, 1 teaspoon cinnamon, 1-4 teaspoon nutmeg, 1-2 teaspoon ground cloves, 1-2 teaspoon ginger, sugar for rolling raisins.

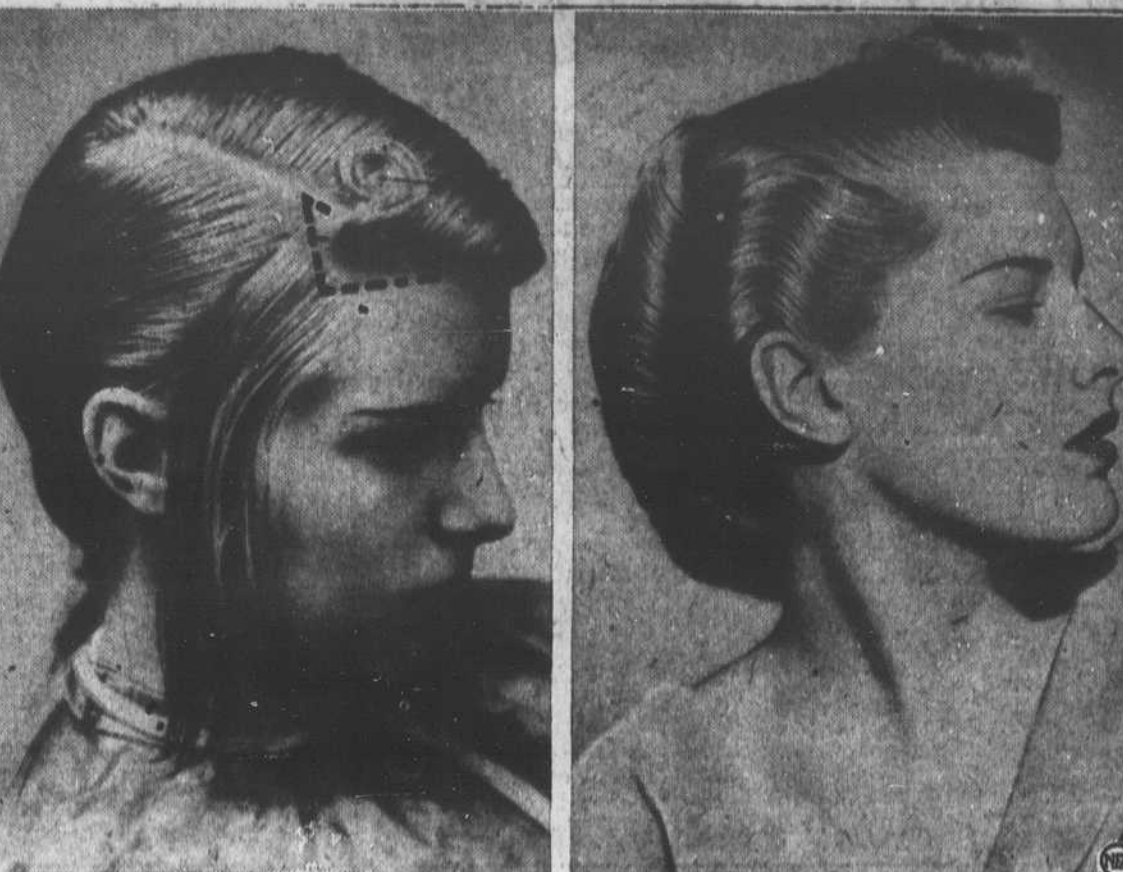
Seeded or unseeded raisins may be used. Pick them over carefully, removing stems.

Put sugar, water and spices into a saucepan and cook, stirring until sugar is dissolved. Continue cooking, without stirring, until a temperature of 238 degrees F. is reached. Add raisins and cook slowly for about seven minutes, stirring only enough to separate the raisins and keep syrup from scorching.

Remove from fire. Set into a pan of hot water. Take a few raisins at a time from the syrup, drain, and add to a pan of ground sugar. Separate at once and roll each raisin until well covered with sugar. The attractiveness of the fruit depends upon having the raisins well drained, and keeping each raisin separated from the others.

Should the mixture of raisins and

HERE'S A PHOTO-MAP OF "TRIANGLE CURL"



(From Bonwit Teller—New York)

Here it is in pictures—the "triangle curl" that has Fifth Avenue talking because it's new enough to be patented, and it lasts and lasts. Vital step in the new process is illustrated at left. A triangular area of the scalp, instead of the usual square, is blocked

off by parting, and the hair of this area affords a close, regular wave-set which makes the smooth, deep, honest-looking wave seen at right. Any woman can adapt this basic step in arranging her own hair.

—WE, THE WOMEN—

Like Any Good Thing, Radio Listening Can Be Abused

Woman Who Is Complete "Dial-Addict" Merely Sabotages Her Own Housework

BY RUTH MILLETT

He got a divorce—and she got the radio. That was the way a California judge decided a divorce suit in which a husband charged his wife "wouldn't clean house, care for the children, cook my meals or talk to me" because she was always listening to the radio.

That case is a bit extreme, but there are plenty of women in the country who keep their radios turned on too much for their own good—or the good of their marriages. Used with discrimination the radio helps the housewife keep up with world events. It helps her with household hints, gives her the opportunity to hear good music, and brings some relaxing humor into her home.

But the housewife who has fallen into the habit of turning on the radio when she gets up in the morning and keeping it on all day—and there are plenty of women who do just that—is apt to be a middle-aged person.

PEOPLE NEED A BIT OF SOLITUDE
For every human being, in order to grow as an individual, and in order to work out his own problems satisfactorily has to have some time to himself.

The person who has a radio going in the room with him all the time is no better off than the person who is never alone—worse, really, for human beings do need talking occasionally—and when it is turned on the radio is never quiet.

Besides that, the woman who feels the need of being "talked at" constantly is giving in to a nervous, jittery state of mind that is anything but conducive to making her a satisfactory companion.

When a man comes home from work a night, he would like to find a quiet, poised woman waiting to share his evening—and if necessary to help him solve some of his own problems.

But the woman who isn't used to reflection and the thoughtful working out of her own problems can't be much help to anyone else.

The worst radio addict among housewives ought to turn the radio off for at least three hours a day. She should do this even if she does have to stop following the fate of one or two of her air-wave heroines. Her own life would be just as interesting to her—if she ever took time out to figure out how to improve it and to find more happiness and contentment within herself.

Syrup become sugary before all are dipped out, add about one fourth of a cup of water and recook.

MONDAY'S MENU
BREAKFAST: Grapefruit juice, enriched dried cakes, syrup, coffee, milk.
LUNCHEON: Duck soup with noodles, watercress, whole-wheat sandwiches, spiced raisins, tea, milk.

DINNER: Spaghetti with round steak and tomato sauce, raw vegetable salad, rolls, hot chocolate pudding, hard sauce, coffee, milk.

BABIES HEAVY DRINKERS

Minneapolis, Minn. (UP)—The question of what section of the population does the heaviest drinking has been answered—it's the infants. According to the current issue of Modern Medicine, a journal of diagnosis and treatment, an infant requires two to three times more fluid in proportion to weight than an adult. In fact a baby requires two ounces of fluid for each pound it weighs.



Claire Tilden

MAKE TWO VERSIONS OF CLEVER APRON

Just what you need to brighten up that kitchen—a gay new Claire Tilden apron! You can take your choice of several versions in Pattern 420. Apron B has a rounded neckline accented by a daintily scalloped yoke. The pockets are rounded too, and look charming edged with ruffling together with the yoke. The ruffling is continued on the back bodice, which is cut all in one piece to keep from slipping off your shoulders; the apron ties at the waist. Version A is gay too—the center panel is cut with a V neck and a rounded dip at the hem. It's made of contrast for a strikingly slim effect! Use the square-shaped pockets on this apron and make them, too, of contrast. Pointed ric rac to outline the center panel is optional. . . . so is the button trim on either apron. You'll find the Sewing Guide shows you how to stitch these up in a jiffy. If your kitchen is decorated in two colors, why not make an apron to match, using the same two shades for contrast? Or make an apron as a gift, and have it match your friend's kitchen.

Pattern 420 is cut in sizes small (32-34), medium (36-38) and large (40-42). Small size, view A, requires 1 3/4 yards 35 inch fabric and 1 1/4 yards contrast; view B, 1 3/4 yards 35 inch fabric.

Send FIFTEEN CENTS (15c) in coins for this pattern. WRITE CLEARLY SIZE, NAME, ADDRESS AND STYLE NUMBER.

Send orders to The Waterbury Democrat, Pattern Department, 70 Fifth Avenue, New York, N. Y.

Home Service

"Nerves" Get Worse If Misunderstood



Attacks Symptom of Wrong Case

"What's the matter with you?" people ask furiously when you have an attack of "nerves." They may think it's all your imagination—but don't you be fooled.

"Nerves" are a very real kind of sickness, which gets worse if not understood.

You may have been repressing feelings which you thought bad but which aren't so unnatural; you get annoyed perhaps by noisy people in your family—or by a boring, chattering neighbor—until you could scream!

If you're the high-strung type you're more liable to such pin pricks than placid people. But repression doesn't help.

Detour your troublesome energies into happier outlets. Once on an even keel you can enjoy life more, be more vital, than stolid types. Cultivate some new friends once in a while, go to a different type of show, have a hobby to fly to.

Also, how is your general health? Wrong diet, poor eyesight contribute to "nerves."

If you're nervous, you really ought to find out what's wrong. Our 32-page booklet by a well-known physician explains mental and physical causes of "nerves," advises on overcoming insomnia, fatigue, nervous indigestion; discusses diet, other health factors.

Send 10c in coin for your copy of "Overcoming Nerves" and Every Day Health Problems" to The Waterbury Democrat, Home Service, 635 Sixth Avenue, New York, N. Y. Be sure to write plainly your name, address and the name of booklet.

Of Interest To Women

Have you a household problem to solve? Write your question clearly, sign your name and address, enclose a three-cent postage stamp and mail to "The Woman's Editor," Washington Service Bureau of The Waterbury Democrat, 1018 15th Street, Washington 5, D. C., for a personal reply. Don't telephone; write an directed.

Q. In preparing for an evening of Contract Bridge, shall I provide a pencil and score pad for each player in a foursome?

A. Yes; if they are experienced Contract Bridge players. Experienced players watch the score very closely both to keep track of which sides are vulnerable, and also to watch part-scores. If a player and partner have a part-score, they will definitely not want to bid more than is necessary to make game, (unless a slam is in sight) and if their opponents have a part-score, they will not want to let the contract go easily, especially if it is the last game of the rubber.

Q. Our two boys graduate from high school in February and we are planning to send them to college in the fall. They will have to finance themselves, at least in part. Where can I get some concrete suggestions as to how they can do it, as well as general information about the total costs, etc., of a college education?

A. We suggest that you send to the Superintendent of Documents, Government Printing Office, Washington, D. C., for a copy of the publication "Working Your Way Thru College," Vocational Division, Bulletin No. 210, Office of Education. The price is 20 cents and remittance should be in coin or money order.

Glorifying Yourself

By Alice Hart

NEA Service Staff Writer
System takes the "suffer" out of the old adage about one having to suffer to be beautiful, especially where that all-important point, grooming, is concerned. So why not try to map out some kind of regimen, allowing time for exercise, cleansing and grooming?

First, set aside one evening a week for self-grooming. It's fun, and every woman deserves at least that much personal care. It will give her a real lift and a good start on her beauty program, so that thereafter the daily routines will be performed more quickly and easily.

If your hair isn't attractive unless washed and waved once a week, try a special device for getting to the beauty shop regularly. A standing appointment may suffice. Most business girls go to the salon immediately after work or during lunch hour once a week. If she can shampoo and set her own hair, the systematic girl keeps an adequate supply of curlers, pins, wave-set lotion and hair-nets at home.

FORM STEEL-CLAD HABITS

The meticulous woman, career girl and home-maker alike, brushes her dress and hat when she takes them off, puts the dress on a hanger, the hat in a box or on a stand; and she brushes them again before putting them on again. She puts shoe trees in her shoes the moment they're off, cannot abide a crooked heel, and keeps a steel brush and glove shampoo handy for cleaning suede gloves, and has leather shoes shined frequently. She knows how important it is to keep everything she wears, from underwear to topcoats, scrupulously clean and carefully pressed. She uses a deodorant or anti-perisperm against body odor, just ten minutes—but ten minutes of every day—for exercise.

HOPEVILLE CLUB PLANS ELECTIONS

The Hopeville Community Club will hold nomination and election of officers for the coming year, Tuesday, December 16. All members are requested to attend in order to participate in the election. Anyone living in the Hopeville district interested in participating in the airplane warner division of the civilian defense corp, is cordially invited to attend Tuesday's meeting and full information may be secured.

CHRISTMAS SEALS NET \$4,760 HERE

With twelve days remaining in its drive for \$7,000, the Waterbury Anti-Tuberculosis league this morning announced receipt of \$4,760 to date in the annual Christmas seal sale. Of this amount, \$25 has been collected from the coin boxes which are placed in several of the downtown stores, banks, and the post office.

The amount collected from the Waterbury Savings Bank box has been the largest to date with that at Howland & Hughes next, according to league officials.

John H. Auer directs for Republic. Albert J. Cohen is associate producer.

ANNE CABOT'S Needlecraft Corner

Mammy Doll for Christmas 5272



BY MRS. ANNE CABOT

Children love a jolly "Mammy" doll. You can make this one of scraps from your little girl's dress or of bits and ends from your piece bag. "Mammy" is just 11 inches tall and has a body made of flowered calico, percale or muslin. Hands, feet and face are made of black stocking or black sateen. Make the cap of very vivid material. It takes only a tiny scrap. Make her apron of red and yellow and green plaid gingham or any other very colorful materials you may have. Use white, pink or yellow organdy or cotton for the crossed fichu. A wonderfully attractive gift to enclose in your Christmas packages to an orphanage or for packages abroad.

For complete pattern for MAMMY DOLL (Pattern No. 5272) which includes cutting pattern for body, apron, cap, fichu and instructions for embroidering face, send 10 cents in COIN, YOUR NAME AND ADDRESS and the PATTERN NUMBER to Anne Cabot, The Waterbury Democrat, 106 Seventh Avenue, New York.

A Recipe for Tea or Ski

Whether it's an afternoon tea, a formal evening affair, or a rousing ski party out in the "great open spaces," proper, tasteful grooming has a definite place in Milady's scheme of things. Invariably, the final touch to one's grooming should be a delicate spray of cologne or perfume applied, of course, with an atomizer. Whether seeking an atomizer for a gift or for personal use, you'll find this season's models especially pleasing to the eye. And, there are models to suit any whim and purse.

How To Keep Well

By DR. WILLIAM BRADY, M.D.

(Shaded letters pertaining to personal health and hygiene, not to disease, diagnosis or treatment, will be answered by Dr. Brady if a stamped self-addressed envelope is enclosed. Letters should be addressed to Dr. William Brady, National Newspaper Service, 123 West Madison Street, Chicago, Ill.

A READER DEFENDS THE TITLE "DOC"

Three cheers for "Ol' Doc Brady!" That letter from your revered colleague who chided you for referring to yourself as "Ol' Doc Brady" was the silliest bit of correspondence I've seen in your column, (writes Jane Doe, we'll call her). Our family doctor is called "Doc" by everybody because they love and trust him. "Doc" does not indicate contempt or loss of dignity, Jane continues. It does indicate that the doctor is considered a friend. I certainly wouldn't call any old doctor "Doc". Anyhow, it seems to me that a real doctor would be so busy helping people that he wouldn't have time to write such a stupid thing as dignity. I certainly wouldn't want him looking me over. I'd be afraid his dignity would interfere with his diagnosis.

Of course "Doctor" is all right for those wealthy women whose main trouble is boredom in attending them the doctor probably needs dignity for his conscience to hide behind, observes Jane, but for the doctor who really knows his stuff dignity is superfluous. The world will beat a path to his door as soon as his ability gets noised around. Count yourself a success when your patients call you "Doc" (Doris . . .)

From here on "Ol' Doc Brady" speaking. Can't rely on mere quotations marks to set off quoted paragraphs . . . the printers have an idiosyncrasy against them.

Against the closing comment of Jane's letter, if I had waited for my patients to call me "Doc" I never would have become a success. Let me see, now, there may be something wrong about that sentence. Ah, yes, of course. Come to think of it, I never was a success. So maybe Jane is more than half right about it, although I still believe my revered colleague was right when he said that by referring to myself as "Ol' Doc Brady" I may prompt some readers to address their physicians as "Doc," and that is unbecoming, in practice.

No one ever called me "Doc" in practice and got away with it. No one can call me "Doc" now unless he smiles when he says it. Try it and see.

I never address a physician as "Doc" and I never address a dentist by any other title than Doctor. Except one retired dentist I know, and I call him "Doc" only because that is what his family call him. I hate to do it, but I do.

After all it is the spirit and not just the form of the title or address that matters. From Jane Doe's letter I imagine it would be all right to let her family physician and be called "Doc" by them.

Expressions of the views of our readers, both medical and lay, on the use of the title "Doc" would help us to decide whether to go along with it or cut it out.

QUESTIONS AND ANSWERS

Save Your Teeth
I think your No. 1 Little Lesson in the Ways of Health—the booklet "Give Your Teeth"—would be much better to give to patients than any amount of verbal instruction and advice, which generally is not absorbed or soon forgotten anyway.

(C. T.)
Answer—Send stamped envelope bearing your address, inclose ten cents, for booklet "Cosmetic Blemishes," which includes advice for treatment of warts and other common blemishes.

Allergic to Potassium
Every ounce of fat I gain seems to be around my middle. I have a regular girdle of it around hips and back even when I get thin elsewhere.

(M. J. M. F.)
Answer—Send stamped envelope bearing your address and inclose twenty-five cents for booklet "Rule for Reducing." You will find chapter on diet and treatment for hypothyroidism, obesity, reduction of pituitary hormone by physician will help to redistribute the fat, but reasonable diet and exercise alone will correct the condition in many instances.

Stupidity
You are right, as usual. It is stupid to suffer from piles—I realize this now, that mine are cured after many years of misery. I am grateful for your wisdom and common sense.

(A. E. G.)
Answer—Glad to send any reader, on request, the pamphlet "It Is Stupid to Suffer From Piles." Enclose stamped envelope bearing your address.
(Copyright 1941, John F. Dille Co.)



Betty Crocker KITCHEN CLWIC

"REAL DARK AND MOIST"

Among the fruit cake questions that come to me at this time of year there is always at least one about a real black moist fruit cake that is steamed rather than baked. So here is the recipe for just this type of cake:

BLACK FRUIT CAKE
1 lb. seedless raisins (2 1/2 cups)
1 lb. currants (2 1/2 cups)
1 lb. seeded raisins (5 cups)
1/2 lb. citron (1 1/2 cups)
1 lb. candied orange and lemon peel (1 1/2 cups)
1 lb. figs (2 1/2 cups)
1 lb. nuts (3 cups)
6 cups sifted all purpose flour
2 tsp. baking powder
1 tsp. soda

Plump seedless raisins and currants—that is wash them in warm water. Drain and spread out on a pan. Cover and heat slowly in a slow oven until wrinkles come out. Wash the seeded raisins. Shave and cut up the citron, orange peel and lemon peel. If it has become hard, you can soften it by heating it in the double boiler.

Cut up the nuts and cut the figs in small pieces.

Makes Five Bread-Loaf-Sized Cakes
Line five bread loaf pans (8x4 inches) with 2 thicknesses of heavy plain paper and grease well.

Now sift the flour, baking powder, soda and spices together. Cream the shortening and add the sugar gradually. Cream until fluffy. Add the well-beaten eggs and then the molasses. Add most of the flour mixture alternately with the grape juice or coffee. Add the vanilla.

Mix the fruit and nuts together and dredge with the remaining flour mixture. Stir into cake batter. Fill loaf pans 3/4 full with cake batter. Bake in a covered steamer or large steamer.

Remove From Steamer and Bake
Now remove from the steamer and bake the loaves 1/2 hour in a slow oven, 300° F. This will give you a very moist tender cake—but the baking will keep it from being a soggy cake.

Not An Expensive Cake
When you consider that this is a very large recipe—making five cakes, you can see the cost for each cake is really small. If you want to use candied cherries, substitute them for the currants and, of course, if you want to, you can substitute dates for the figs. Jelly may be substituted for half the molasses, if you do not want too black a cake.

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If you have any specific cooking problems, send a letter requesting information to Betty Crocker in care of this newspaper. You will receive a prompt, personal reply. Please enclose 5 cent stamp to cover postage.